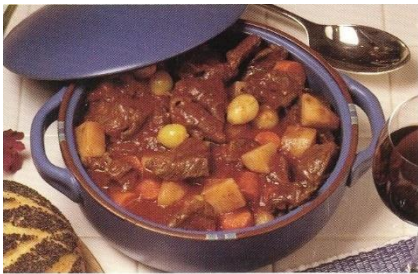


# Bison Stew

## Ingredients:

- 2# cubed Bison meat
- 3 med Potatoes, peeled
- 6 Carrots, peeled and sliced
- 1 8oz. can peeled Tomatoes
- 2 6oz. cans Tomato sauce
- 2 T Cooking oil
- 2 Onions, chopped
- ½ t Pepper
- 2 t Salt
- ½ C Water



BISON PREPARATION, KENT GRAY/MICHAEL SLAY



# Bison Stew

## **Directions:**

Brown meat in small amount of oil in large kettle or Dutch oven, then add onions and cook until golden.

Add tomato sauce, carrots, peeled tomatoes, seasonings and cover. Cook 1 hour over very low heat.

Add potatoes and ½ C water, if needed. Cover and cook ½ hour over very low heat.

*For a variation:*

*Transfer mixture to a baking dish and top with rich biscuits. Place in hot oven at 425 °F until biscuits are toasty brown.*

